



NutriDyn®

Cardio Essentials Niacin SR

Sustained Release Niacin for
Cardiovascular Health*

PRACTITIONER EXCLUSIVE

Cardio Essentials Niacin SR Supplementation

Cardio Essentials Niacin SR supports cardiovascular health by promoting healthy lipid metabolism.*¹ Niacin, also known as nicotinic acid, has been used for many decades to support heart health.* Extensive clinical studies show that sustained release versions of niacin promote reduced facial flushing.*²

Clinical evidence and research cited herein shows that the ingredients in Cardio Essentials Niacin SR may:

- Support cardiovascular health*
- Support healthy lipid/energy metabolism*
- Support healthy immune function*
- Promote reduced facial flushing*
- Promote antioxidant activity*

How Cardio Essentials Niacin SR Works

Cardio Essentials Niacin SR promotes healthy lipid metabolism.*^{3,4}

Research shows that niacin also promotes healthy endothelial function.*⁵ Endothelial cells play a role in cardiovascular health by supporting nitric oxide production and availability.*^{5,6} Endothelial cells help support healthy vascular and immune functions critical for cardiovascular health through membrane-bound receptors such as proteins, particles transported by lipids, metabolites, and hormones.*⁷

Cardio Essentials Niacin SR also supports healthy immune responses and is a potent antioxidant by promoting nuclear transcription factors.*³ Research shows that niacin's antioxidant activity promotes healthy white blood cells, which in turn supports healthy energy metabolism and healthy immune function.*⁸



For more information, visit: www.nutridyn.com

Why Use Cardio Essentials Niacin SR?

The ingredients in Cardio Essentials Niacin SR are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting cardiovascular health.*

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Ingredients:	Amount	%DV*
Niacin (as nicotinic acid)	500 mg NE	3,125%

Other Ingredients: Vegetable waxes (rice bran and/or carnauba), vegetable stearic acid, vegetable magnesium stearate, silica.

Directions: Take one tablet with a meal one to two times daily or as directed by your healthcare practitioner.

Caution: Temporary flushing, itching, or warming of the skin may occur. If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Miller, M. (2003). Niacin as a component of combination therapy for dyslipidemia. *Mayo Clinic Proceedings*, 78(6), 735-742.
2. Kim, S.-H., Kim, M.-K., Lee, H.-Y., Kang, H.-J., Kim, Y.-J., Park, B.-J., & Kim, H.-S. (2011). Efficacy and tolerability of a new extended-release formulation of nicotinic acid in Korean adults with mixed dyslipidemia: An 8-week, multicenter, prospective, randomized, double-blind, and placebo-controlled trial. *Clinical Therapeutics*, 33(10), 1357-1364.
3. Meyers, C. D., Kamanna, V. S., Kashyap, M. L. (2004). Niacin therapy in atherosclerosis. *Current Opinion in Lipidology*, 15(6), 659-665.
4. Superko, H. R., Zhao, Z.-Q., Hodis, H. N., & Guyton, J. R. (2017). Niacin and heart disease prevention: Engraving its tombstone is a mistake. *Journal of Clinical Lipidology*, 11(6), 1309-1317.
5. Gomarash, M., Ossoli, A., Adorni, M. P., Damonte, E., Niesor, E., Veglia, F., Franceschini, G., Benghozi, R., Calabresi, L. (2015). Fenofibrate and extended-release niacin improve the endothelial protective effects of HDL in patients with metabolic syndrome. *Vascular Pharmacology*, 74, 80-86.
6. Hadi, A. R., Carr, C. S., & Suwaidi, J. A. (2005). Endothelial dysfunction: Cardiovascular risk factors, therapy, and outcome. *Vascular Health and Risk Management*, 1(3), 183-198.
7. Peramaiyan, R., Thamariselvan, R., Jayakumar, T., Yutaka, N., Dhanapal, S., Gautam, S., & Ikuo, N. (2013). The vascular endothelium and human diseases. *International Journal of Biological Sciences*, 9(10), 1057-1069.
8. Shobha H.Ganji, S. H., Vajinath S.Kamanna, V. S., & Kashyap, M. L. (2014). Niacin decreases leukocyte myeloperoxidase: Mechanistic role of redox agents and Src/p38MAP kinase. *Atherosclerosis*, 235(2), 554-561.



PRODUCED IN A
cGMP FACILITY

NON-GMO

GLUTEN-FREE

DAIRY-FREE

VEGETARIAN

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: www.nutridyn.com